Annex "A," Subparagraph 1p,

Sociological Background

HEALTH AND SANITATION

262 The diet of the Finns is based on milk and butter, cereals, meat and potatoes. The consumption of vegetables is still quite low, and fruits, except for fruit preserves, are accessible to everyone only during summer and early autumn. Fish in general is important in the coastal areas, and salted Baltic herrings are common all over the country. Next to the Irish, the Finns are the heaviest eaters in the world. The average consumption of calories per day per person is 3330 (in Ireland 3480), while in Sweden it is 3090 and in the United States 3160. All the same, hard work and a harsh climate seem to counteract the effect of the excessive calories; the Finns do not show any more tendency to obesity than their neighbors.

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